

Hot Flashes

May 2022

Fairfax County Retired Employees Association

Chairman's Message

We are gradually returning to normal after a long hiatus due to COVID. We were able to have this year's Annual Meeting on May 4, although we opted to hold it virtually instead of in person. Many thanks to Susan Kirkman from the Benefits Division and Jeff Weiler, the Executive Director of Fairfax County Retirement Systems, for participating.

Distribution of this month's issue of Hot Flashes was delayed a few days so we wouldn't spoil Jeff's "Big Reveal" – the size of our cost-of-living increase this year. See the article below for details!

A reminder – If you change your email address, please be sure to give your new email address to Hot Flashes Editor Chuck Higdon (fcrea99@gmail.com) and Membership Chairman Bobbie Deegan (bobbiedeegan@aol.com) so you will continue to receive your Hot Flashes!

Summer will be here soon. Don't forget to share your vacation plans with Chuck, so he can share your experiences with your fellow retirees in a future issue of Hot Flashes!

Sincerely,
Pam Martin, Chairman
Fairfax County Retired Employees Association

Department of Human Resources



2022 Premium Holidays for Eligible Retirees



What?

What is a Premium Holiday?

Premium Holidays create an additional subsidy equal to half of your monthly premium amount.

Premium Holidays are being offered in plan year 2022 to help mitigate the financial impact of premium increases for participants enrolled in one of the county-sponsored, self-insured medical plans.

Visit the Retiree Benefits Page on our public website for additional details.

Who?

Who will receive a Premium Holiday?

To be eligible for a 2022 premium holiday, you must be enrolled in a county sponsored, self-insured medical plan. This includes:

- Cigna 90% Co-insurance Plan
- Cigna 80% Co-insurance Plan
- Cigna MyChoice CDHP Plan
- One of the above plans combined with the Cigna True Choice Core Medicare Advantage Plan (Split Enrollment).



When?

Retiree Health Premium Holidays are scheduled to be included in the February 28th, April 29th, and July 29th monthly pension payments.

Participants must be enrolled in an eligible plan during the month the premium holiday is designated for.

Please note, if you are directly billed for your premiums, do not have medical premiums deducted from your monthly pension check, the date of your Premium Holiday could be impacted.

Where?

For most eligible retirees, the additional subsidy will be reflected on the Direct Deposit Pay Advice for February, April, and July.

The amounts will appear under the "Miscellaneous Deductions" description, as a credit, in parentheses, as in the example below.

Deductions	Current
Federal Tax Withholdings	992.75
Co-Ins 80% Refund	0.00
Fam Co-Ins 80%	1,549.27
Health Insurance Subsidy	(230.00)
Life Insurance	48.54
Miscellaneous Deductions *	→ (774.63)

For more information: [Premium Holidays](#).

Retiree Benefits Academy

Join the Benefits and LiveWell Team and our vendor partners for the Retiree Benefits Academy. This educational series is designed for current and soon-to-be retirees, offering opportunities to connect with us and learn more about your benefits, your health, and other resources available to you after your career at Fairfax County Government.

For additional information on these events,

- Visit the Retiree Benefits Page on our public site.

www.fairfaxcounty.gov/hr/departement-human-resources-retiree-benefits

- Contact the Benefits Division through HR Central at (703) 324-3311 or HRCentral@fairfaxcounty.gov

To see the 2022 catalog go to: [Catalog](#)

Fairfax County Retirement

Retiree Cost-of-Living Adjustment – 4% effective July 2022

To our retirees:

As you have most likely noticed, inflation has been very high for the past several months. March, the month that is the basis for your cost-of-living adjustment (COLA), was no different. The Consumer Price Index (CPI-U) for the area that includes Fairfax increased by 7.3% from March of 2021 to March of 2022.

That said, we are limited by actuarial assumptions and County Code to providing a COLA of no more than 4%. This 4% cap is meant to ensure that funds are available to pay for all current and future retirees. Thus, your annual cost-of-living increase will be 4% this year. The increase is effective with your July benefit payment.

Our three retirement systems have the following funded ratios:

Employees' 81%
Police Officers 90%
Uniformed 89%

When they reach full (100%) funding, the Boards of Trustees will be able to grant an additional ad-hoc COLA of not more than 1%. This would provide a small additional benefit, but full funding is at least 8 years out in the future. I am very aware of the impact inflation has on your personal budgets and fully acknowledge that this year's 4% COLA is not enough to offset it.

If you have questions or need more information, please reach out to a member of our Retiree Services team. They will be happy to help. If you cannot make contact with the team, you can call me (703-279-8255) or email me Jeffrey.weiler@fairfaxcounty.gov directly.

Thank you.

Jeff Weiler
Executive Director
Fairfax County Retirement Systems



Fairfax County Area Agency on Aging

NEW PANEL CONVERSATION SERIES

The Fairfax Area Agency on Aging is pleased to announce its new Panel Conversation Series for Family Caregivers of Older Adults and/or Adults with Disabilities.

Faith and Spirituality in the Caregiving Journey
Friday, May 27, 2022, from 2:00p.m. to 3:00p.m.

Panelists:



Father Juan Puigbó, Catholic Priest, St. Leo The Great Catholic Church



Rev. Ronald Kobata, Minister Emeritus, Buddhist Churches of America



Rev. Dr. Ken Patrick
Chaplain
Blue Ridge Hospice,
Parish Minister: Marvin Chapel United Methodist Church



Rabbi Joshua Ackerman
Chaplain
Jewish Social Services Agency-Hospice

For many family caregivers and their loved ones who are experiencing severe illness or are at the end of life, faith and spiritual beliefs are powerful factors in coping with illness, pain, suffering, and loss. Understanding how one's own spiritual traditions influence health care decisions is essential. In this panel conversation we will explore how faith and spirituality, in whatever form, can help family caregivers in their journey.

Register here: <https://bit.ly/AAAPanel>

All webinars are free and open to family caregivers, older adults, adults with a disability, professionals, and the community-at-large. All webinars will be recorded, and registrants will receive a link to the recording of the live event.

For questions, contact



FAIRFAX COUNTY DEPARTMENT OF
FAMILY SERVICES

Giuliana.ValenciaOrdonez@fairfaxcounty.gov or call 703-324-5484.

Robo Calls, Unwanted Texts and Spoofing


Robo Calls and unwanted texts can be annoying, frustrating and - even worse - fraudulent. Find web resources and learn more at [FCC robocalls](#)

FCC | CONSUMER CONNECTIONS


What You Can Do





What can you do


 Put your mobile and landline number on the national Do Not Call Registry. Visit [donot call.gov](https://donotcall.gov) or call 1 888 382 1222 from the number you want to register.

 Research apps, services or devices that help block unwanted calls

 Don't answer calls from unknown callers. That could verify you have an active line. Never call back an unfamiliar number - it may lead to a scam.

 Spoofed caller ID number may trick you into answering. if you answer a spoofed call, hang up immediately. Do not respond to even simple questions or requests.

 Scam callers may pretend to represent an organization, business, family member or even the government. Never reveal any personal or financial information unless you can independently verify the caller.

 FCC rules offer protection against unwanted calls and texts. File a complaint with the FCC to help us determine where to take action. Visit consumercomplaints.fcc.gov

Note from a member: A few months ago, I received a phone call from a young person saying: "hi grandpa, this is your grandson (didn't give a name), I am in trouble and need money." At first, confused, I said: "what?" He responded: "don't you know me, it's your grandson (again, no name) and I need money. Here ... talk to my lawyer." I finally realized it was a scam and hung up.

Volunteer

Fairfax County Boards, Authorities and Commissions

If you are interested in serving on a county board, authority, commission, or committee ("BAC"), contact your [Supervisor](#). Please be prepared to provide a current résumé. Download the [brochure](#) for a brief guide to BACs. Please note that certain members of BACs must file financial disclosure statements upon appointment, and annually thereafter.

For a list of BACs go to: [link](#)

For information on BACs that do not have web sites, or to determine which BACs have current vacancies, please contact the Office of the Clerk to the Board of Supervisors, 703-324-3151.

Do you know the benefits of volunteering?



If you volunteer, you are making a difference in the world which is the best feeling to feel when you care about someone else and not yourself. Volunteering is important because it improves the community, it's good for your health, and it brings people together.

The April issue of the Golden Gazette is focused on volunteering: [Golden Gazette](#)

Volunteer Solutions

Would you like to help improve the lives of older adults, adults with disabilities, or family caregivers? Do you have a skill to share? Are you bilingual? Volunteer Solutions offers various volunteer opportunities to help reduce social isolation in one-on-one or group settings.

Here are some of the ways you might make a positive difference:

- Lead a senior center group in arts & crafts, cooking, knitting/crocheting, music, language instruction, dance, yoga, or other fitness exercises (like Zumba, SAIL, Tai Chi, strength training, etc).
- Take someone grocery shopping or drive him or her to a medical appointment.
- Help others navigate technology questions or issues.
- Provide friendly conversation or play cards.
- Bring your own food and socialize with a Meals on Wheels recipient at mealtime.

Go to bit.ly/FXVSVOL to learn more about Volunteer Solutions' opportunities. Email VolunteerSolutions@FairfaxCounty.gov or call the intake line at 703-324-5406 with questions.



Living Your Best Life

As you navigate 2022, please know that NextMark continues to be your financial partner – no matter what your future may be. We are here to guide you on your financial journey, and help you accelerate NEXT.

Mark your calendar for our next Shred Event.

Our Community Shred Event will take place from 8am-11 am, May 21st at our Fairfax Branch (4201 Members Way). Get the details [here](#).

Referrals help us thrive.

Word-of-mouth referrals are the biggest and most impactful compliments you can give us. Share the benefits of NextMark with your children and grandchildren and teach them the value of cooperative banking. The future of NextMark relies on educating our younger generations that banking with us is easy, accessible, and rewarding.

From college to retirement, we're your financial partner and we are here to help you live a more awesome life. Learn more at [Join today](#)

Your feedback matters.

Member feedback is very important to us and we use it as an opportunity to continue improving the way we serve you. Please take a moment to submit a Google Review. Visit <https://g.page/r/CTiAbkGZXXOPEAg/review>.

[Click here for Branch Locations and ATMs](#)

Online and Mobile Banking are the way to go

Our Online and Mobile Banking options are available 24/7. If you have not done so already, we encourage you to enroll today by clicking on the “Log in” button on our website (NextMarkCU.org). To access mobile banking, we invite you to download our NextMark Mobile Banking App from your App Store.

Deposit a check from the comfort & safety of your home

Get started by downloading the NextMark Mobile Banking App from your App Store, then go to Transactions>Deposit Check and follow the instructions to take a picture and deposit your check right into your account. It’s that easy.

Check out our latest newsletter [here](#)

Sad News

David N. Petersen, 73, of Lancaster, Va. passed away January 15, 2022. Dave was the Assistant Director for Operations at Facilities Management for the County and then Director of Plant Operations at FCPS. Dave retired to Kilmarnoch, VA. [Obituary](#)

Wanda Rae Baddley, 81 of Oakton, VA was called home Feb 20, 2020. Wanda retired from the Office of the County Executive in 2009. [Obituary](#)



Bobby Gene Smith passed away on October 15, 2021. Bobby retired from the Division of Solid Waste in 1999. [Obituary](#)
Editor's Note: Bobby's passing was noted in the January 2022 edition of Hot Flashes. An FCREA member provided this photo.



FCREA Events 2022

May 4 - Annual Meeting

May 18 – FCREA Senior Information Fair **CANCELLED**

September - FCREA Picnic

December 21 - FCREA Holiday Luncheon

Events are subject to cancellation depending on the Covid 19 pandemic.

FCREA Membership

New Members

* Tom Burger, Retired from DPWES – Stormwater on 7/7/20

* Lisa Colvard, Retired from DPWES – Business Planning & Support on 12/30/20

* Mary Ann Schall, Retiring from Health Dept. on 8/12/22

* E. Scott Sizemore, Retired from Department of Tax Administration on 9/1/2020

* Trina Taylor, Retiring from Park Authority on 8/2/2022

* Laura Wickstead, Retired from Library on 4/22/22

* Todd Wigglesworth, Retiring from Transportation on 8/26/22



To Join FCREA: [Membership](#)

Mary Tomlin, who retired from DTA in 1995, turns 90 in May. Her daughter, Judy Dorsett, is giving her a party. Mary would love to hear from other retirees, especially those she worked with. Everyone is invited for buffet food, drinks and good times.

Party date: May 14, 2022. Hours:1 to 4

Contact: Judy Dorsett at 703 409 0895

Location: 315 Edwards Ferry Rd NE, Leesburg, VA. [Directions](#)

Email: mptbigred@aol.com

FCREA Members Information.

For a list of FCREA Board Members: [Board](#)

FCREA retirees are asked to forward any news concerning retirees or their family members who are ill or have passed away to Joyce Gerhart: 703-560-4785 or ggerhart2@verizon.net

Please send address changes to Bobbie Deegan: 301-937-7070 or BobbieDeegan@aol.com

[FCREA Website](#)

[Fairfax County Retirement](#)

12015 Lee Jackson Memorial Hwy, Suite 350, Fairfax, VA 22033-3300
1-800-333-1633 or 703-279-8200

Fairfax County Retirement Web Member Services: [website](#)

Fairfax County Benefits Summary - [Retirees](#)

Department of Human Resources Retiree Benefits list of [Who to Call Contacts](#)

Finally... sadness for Ukraine



Artist: Alireza Karimi Moghaddam. Moghaddam, a cartoonist and illustrator, is best known as the creator of a cartoon character representing the Dutch painter, Vincent van Gogh. A van Gogh painting, Sunflowers, brilliantly contrasts with the destruction in Ukraine.



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